

## CLAIMS

1. A fat composition comprising one or more phospholipids having, as a constituent fatty acid, an n-3 polyunsaturated fatty acid selected from docosaheptaenoic acid, docosapentaenoic acid and eicosapentaenoic acid; and  $\alpha$ -linolenic acid and/or a fat containing  $\alpha$ -linolenic acid.

2. The fat composition according to Claim 1, wherein the phospholipid is phosphatidyl choline, phosphatidyl serine, phosphatidyl ethanolamine, phosphatidyl inositol, phosphatidic acid or phosphatidyl cardiolipin.

3. The fat composition according to Claim 1 or 2, wherein the fat containing  $\alpha$ -linolenic acid is derived from a plant selected from linseed, perilla, egoma or tung.

4. The fat composition according to any one of Claims 1 to 3, further comprising an oil extracted from fishes and fisheries.

5. The fat composition according to any one of Claims 1 to 4, further comprising one or more compounds or crude drugs having a central nervous function improving effect, visual acuity improving effect or circulatory function improving effect.

6. The fat composition according to Claim 5, wherein the compounds or crude drugs are selected from ginseng, P. notoginseng, Siberian ginseng, bilberry,

arginine, ginkgo biloba, and rutin.

7. A food or beverage comprising a fat composition as claimed in any one of Claims 1 to 6.

8. The food or beverage according to Claim 7, which  
5 is attached with a label indicating that the food or beverage is used for improving central nervous function, visual acuity or circulatory function.

9. A medicament comprising a fat composition as claimed in any one of Claims 1 to 6.

10 10. An agent for improving central nervous function, which comprises one or more phospholipids having, as a constituent fatty acid, an n-3 polyunsaturated fatty acid selected from docosahexaenoic acid, docosapentaenoic acid and eicosapentaenoic acid, and  $\alpha$ -linolenic acid and/or a  
15 fat containing  $\alpha$ -linolenic acid.

11. An agent for improving circulatory function, which comprises one or more phospholipids having, as a constituent fatty acid, an n-3 polyunsaturated fatty acid selected from docosahexaenoic acid, docosapentaenoic acid  
20 and eicosapentaenoic acid, and  $\alpha$ -linolenic acid and/or a fat containing  $\alpha$ -linolenic acid.

12. A method for improving central nervous function, which comprises administering a fat composition containing one or more phospholipids having, as a constituent fatty  
25 acid, an n-3 polyunsaturated fatty acid selected from

docosaehaenoic acid, docosapentaenoic acid and  
eicosapentaenoic acid, and  $\alpha$ -linolenic acid and/or a fat  
containing  $\alpha$ -linolenic acid.

13. A method for improving circulatory function,  
5 which comprises administering a fat composition containing  
one or more phospholipids having, as a constituent fatty  
acid, an n-3 polyunsaturated fatty acid selected from  
docosaehaenoic acid, docosapentaenoic acid and  
eicosapentaenoic acid, and  $\alpha$ -linolenic acid and/or a fat  
10 containing  $\alpha$ -linolenic acid.

14. Use, for the preparation of an agent for  
improving central nervous function, of a fat composition  
containing one or more phospholipids having, as a  
constituent fatty acid, an n-3 polyunsaturated fatty acid  
15 selected from docosaehaenoic acid, docosapentaenoic acid  
and eicosapentaenoic acid, and  $\alpha$ -linolenic acid and/or a  
fat containing  $\alpha$ -linolenic acid.

15. Use, for the preparation of an agent for  
improving circulatory function, of a fat composition  
20 containing one or more phospholipids having, as a  
constituent fatty acid, an n-3 polyunsaturated fatty acid  
selected from docosaehaenoic acid, docosapentaenoic acid  
and eicosapentaenoic acid, and  $\alpha$ -linolenic acid and/or a  
fat containing  $\alpha$ -linolenic acid.